



IMR/IMX SEASON KICKOFF MEET
October 8-9, 2016
SANCTION NO.VS-17-09



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-17-09 USA Swimming, Inc., Virginia Swimming, Inc., and CSAC and 757 Swimming shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
LOCATION:	Collegiate School Aquatic Center 5050 Ridgedale Parkway, Richmond, VA 23234, Phone: (804) 271-8271 (Pool front desk)
FACILITY:	<ul style="list-style-type: none">The 50-meter competition pool with bulkhead offers two 25 yard competition pools with a depth of seven feet and seven inches at the sides and eight feet and two inches in the center.Competition lanes are a minimum of 9 feet wide swum wall to bulkhead.Indoor 6 lane 25 yard pool for continuous warm-up, cool-down.Non-Turbulent Lane Markers in both poolsOmega Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.The CSAC provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet.Spectator seating for 700 plus.The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4).
MEET DIRECTOR:	Name: Erin Roehrl Email: meetdirector@757swim.com Phone: 757.377.1532
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming athletes registered before the first day of the meet.No on-deck USA Swimming athlete registration will be permitted.Age on October 8th, 2016 will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none">Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
FORMAT:	<ul style="list-style-type: none">All 12 & Under swimmers will swim in the AM session.All 13 & Older swimmers will swim in the PM session.All events will be timed finals.Dual courses may be used to prevent too lengthy a session.This meet is set up as an IMR/IMX meet. Each swimmer enters the entire event lineup for the meet, either the IMR slate of events or the IMX slate of events, based on his/her age. IMX scores will be calculated and the highest scoring swimmer from each age group and gender will be crowned the "Challenge" winner.The IMR/IMX events are as follows: <u>IMR:</u> 10 & Under: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM 11-12: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM 13-14: 15-18: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM <u>IMX:</u> 10 & Under: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM 11-12: 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM 13-14: 15-18: 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM
WARM-UP:	<ul style="list-style-type: none">Morning sessions: Warm-ups not before 7am; competition starts not before 8:00am.Afternoon sessions: Warm-ups not before 12 pm competition starts not before 1pm.Lane assignment and warm-up times for individual clubs will be posted on the 757swim website (757swim.com) no later than Tuesday October 4th and will also be emailed to the contact person

	<p>of the participating clubs.</p> <ul style="list-style-type: none"> If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 11:59PM, September 30th, 2016.</p> <ul style="list-style-type: none"> Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software. Teams submit entries via email. A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries. Coach Time (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an “A” time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. Each swimmer enters the entire event lineup for the meet, either the IMR slate of events or the IMX slate of events. Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events; which actions may require reseeding. Email entries to: Erin Roehrle, meetdirector@757swim.com
FEES:	<p>Individual events: \$43.75 for IMR Swimmers or \$52.50 for IMX Swimmers Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> Checks should be made payable to: 757swim Mail payment to: 757swim PO Box 6641 Williamsburg, VA 23188 Payment must be received by October 5th, 2016. Failure to pay entry fees by this deadline could result in teams being barred from the meet. IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the acceptance of your entries.
AWARDS:	<ul style="list-style-type: none"> IM Extreme Champion awards will be given for top male and female IMX point scorer for the meet in each age group: 10 & Under, 11-12, 13-14, 15 & Older
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded, except 500 Free (Event #17,18,59,60), and the 400 IM (Event #19,20) which will be deck seeded. Event # 17-20, 59 and 60 will require a positive check-in to swim Positive check-in will close 30 minutes prior to start of session SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. SWIMMERS WHO CHECK-IN AND FAIL TO SHOW UP TO SWIM THE EVENT WILL BE BARRED FROM SWIMMING THEIR NEXT EVENT.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> Swimmer shall be marked as exhibition for the event swum illegally and the event shall be re-scored and awarded. Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results. Clubs entering swimmers not legally registered with USA Swimming before the first day of the meet may be fined \$100 per swimmer in each event(s) swum If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer.
RULES:	<ul style="list-style-type: none"> The current USA Swimming Rules and Regulations will apply. Any swimmer entered in the meet must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's

	<p>legal guardian to ensure compliance with this requirement.</p> <ul style="list-style-type: none"> • The overhead start procedure will be used unless otherwise directed by the meet referee. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED. • In accordance with VSI best practices, all swimmers should shower before entering the pool. • In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet <ul style="list-style-type: none"> ○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director ○ Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Bryan Wallin Email: thewallin5@comcast.net Phone: 804-389-2438</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to (host team officials chair Shana Wilkins, shana.wilkins83@gmail.com no later than October 2nd, 2017 • Officials meetings will be held one hour prior to the start of each session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be posted on the 757 swim website (757swim.com) no later than Tuesday October 4th, 2016, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Meet programs will be sold for \$5.00 • Concessions will be available during the meet featuring products by Martin's, Coca-Cola, and Ukrop's Homestyle Foods. Concessions will open for warm-ups and during competition each day. It will close 1 hour prior to the estimated end time of the meet each day. • Coaches' and officials' hospitality will be provided. Breakfast, lunch, and heavy snacks will be served on Saturday and Sunday. • Swim and Tri is the onsite full service swim shop. • If necessary, overflow parking will be available at the Martin's behind the aquatic center.
FACILITY RULES:	<ul style="list-style-type: none"> • No glass containers of any kind are permitted in the facility • Lawn/deck chairs are not permitted in the grandstand • No spectators/parents will be allowed on deck unless working the meet. • No smoking is allowed on the campus • Doors are not to be propped open (HVAC) and the front door is the only entry/exit door from the Facility • All rules are posted pool side
DIRECTIONS:	Go to www.757swim.com for directions
HOTELS:	Go to www.757swim.com under Meet/Events for hotel information.

**IMR/IMX SEASON KICKOFF MEET
ORDER OF EVENTS**

Saturday, October 8th, 2016

12 and Under Morning Session Warm-up: not before 7:00 AM; Start: 8:00 AM			13 and Older Afternoon Session Warm-up: not before 12:00 PM; Start: not before 1:00 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & Under 100 Fly IMX	2	19	13& Over 400 IM IMX	20
3	10 & Under 50 Breast IMR	4	21	13& Over 200 IM IMR	22
5	11-12 50 Breast IMR	6	23	13 & Over 200 Fly IMX	24
7	11-12 100 Breast IMX	8	25	13 & Over 100 Fly IMR	26
9	10& Under 100 IM IMR	10	27	13 & Over 200 Back IMX	28
11	11-12 200 IM IMX	12	29	13 & Over 100 Back IMR	30
13	11-12 200 Free IMR	14			
15	10 & Under 200 Free IMX	16			
17	11-12 500 Free IMX	18			

Sunday, October 9th, 2016

12 and Under Morning Session Warm-up: not before 7:00 AM; Start: 8:00 AM			13 and Older Afternoon Session Warm-up: not before 12:00 PM; Start: not before 1:00 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
31	10 & Under 50 Fly IMR	32	53	13 & Over 200 IM IMX	54
33	11-12 50 Fly IMR	34	55	13 & Over 100 Breast IMR	56
35	10 & Under 100 Breast IMX	36	57	13 & Over 200 Breast IMX	58
37	11-12 100 Fly IMX	38	59	13 & Over 200 Free IMR	60
39	10 & Under 100 Free IMR	40	61	13 & Over 500 Free IMX	62
41	11-12 100 IM IMR	42			
43	10 & Under 200 IM IMX	44			
45	11-12 50 Back IMR	46			
47	11-12 100 Back IMX	48			
49	10 & Under 50 Back IMR	50			
51	10 & Under 100 Back IMX	52			

